

# **A Newsletter for Juneau County Seniors & Adults with Disabilities**



## **AGELESS**

**HEIDI RANDALL, DIRECTOR**

**Aging & Disability Resource Center of Southwest WI--Mauston**

**608-847-9371 or toll free 877-794-2372**

**Website: [www.adrcswwi.org](http://www.adrcswwi.org)**

**October , 2011**

**NOTES FROM HEIDI NO. 353**

### **Hello Everyone—**

Autumn leaves are beginning to turn and oh what a lovely display we shall soon see! There is one trademark maple tree on State St. in Mauston that has a good start already. I am sure many of you know which one I am talking about. Fall is my favorite season of all.

One last reminder to all of you to use up your Senior Farmer's Market vouchers if you haven't done so yet, the last day you can use them is Oct 31.

We have the flu shot schedule and fuel assistance application dates included in this issue for you to have. Guess we have to think about colder weather now that we have turned the page on the calendar again. I don't like to think about that.

Another AARP Driver Safety Program is planned for early November so we are giving you a heads up on the date- Nov. 9, at the Hatch Public Library in Mauston from 1-5 p.m. You can register now to get it on your calendar.

If any of you want to participate in the Walk to End Alzheimer's on Sat. Oct 8 at the Adams Community Center give me a call. You can join Heidi's A Team as a member and help raise funds to end Alzheimer's. The walk is either a 1 or 2 mile walk, you can choose. Registration is 9 a.m. and the walk starts at 10. You still have time to join our team.

We still need kitchen volunteers and especially dishwashers at the Mauston nutrition site. If you are interested give us a call at 847-9371.

Enjoy Fall in Lovely Juneau County, Wisconsin.....

**WONEWOC MENU**  
**Bernie's Wagon Wheel II**  
**229 Center Street, Wonewoc**  
**464-7217**

<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>October 4</b>	<b>October 5</b>	<b>October 6</b>	<b>October 7</b>
Sloppy Joe/Bun 3-Bean Salad Creamy Coleslaw Fruit Pie	Scalloped Potatoes/Ham California Blend Veg Wheat Bread/Butter Spiced Apples	Furlough Day All Sites Closed	Budget Cut Day Site Closed
<b>October 11</b>	<b>October 12</b>	<b>October 13</b>	<b>October 14</b>
Hot Roast Beef Mashed Potatoes/Gravy Green Bean Almondine Wheat Bread/Butter Banana Bar	Quiche Lorraine Cheesy Hashbrowns Winter Mix Raisin Bran Muffin with Butter Orange	Lasagna California Blend Veg. Mixed Green Salad With Dressing Garlic Toast Pudding	Fish/Tartar Sauce Potato Wedges Carrot Coins Multi-Grain Bread/Butter Chilled Pineapple
<b>October 18</b>	<b>October 19</b>	<b>October 20</b>	<b>October 21</b>
Site Closed Staff Training	Rosemary Roast Pork Baked Potato/sour cream Green Beans 12-Grain Bread/Butter Cinnamon Applesauce	Chicken Breast/Bun Vegetable Soup Mandarin Oranges Mayonnaise Rainbow parfait	Fish/Tartar Sauce Baked Potato Corn Caesar Salad 12-Grain Bread/Butter Orange
<b>October 25</b>	<b>October 26</b>	<b>October 27</b>	<b>October 28</b>
Sweet-Sour Pork Seasoned Rice Steamed Cabbage Garlic Toast Chilled Peaches	Swedish Meatballs Whipped Potatoes California Blend Veg. Wheat Roll/Butter Tropical Fruit Mix	Chicken Enchilada Casserole Mexican Corn 12-Grain Bread/Butter Banana	Fish/Tartar Sauce Potatoes Fresh Squash Wheat Bread/Butter Fruit Crisp

**Suggested Donation**  
**Congregate Meals (In Center) & Meals on Wheels (homebound)- \$3.75**

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**

# MENU FOR

**MAUSTON, NECEDAH, CAMP DOUGLAS, NEW LISBON, LYNDON STATION**  
**847-9371    547-3125    427-3287    562-6592    666-2423**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>
<b>October 3</b>	<b>October 4</b>	<b>October 5</b>	<b>October 6</b>
Beef Tips/Gravy Egg Noodles Carrot Coins 12-Grain Bread/Butter Orange	Sloppy Joe/Bun 3-Bean Salad Creamy Coleslaw Fruit Pie	Scalloped Potatoes/Ham California Blend Veg. Wheat Bread/Butter Spiced Apples	Furlough Day Mealsites Closed
<b>October 10</b>	<b>October 11</b>	<b>October 12</b>	<b>October 13</b>
Columbus Day Holiday ADRC Office & All Mealsites Closed	Baked Fish Potato Wedges Carrot Coins Multi-Grain Bread/Butter Chilled Pineapple	Quiche Lorraine Cheesy Hashbrowns Winter Mix Raisin Bran Muffin/butter Orange	Lasagna California Blend Veg. Mixed Green Salad with Dressing Garlic Toast Pudding
<b>October 17</b>	<b>October 18</b>	<b>October 19</b>	<b>October 20</b>
Beef Pizza Casserole Corn Caesar Salad 12-Grain Bread/Butter Orange	Sites Closed Staff Training	Rosemary Roast Pork Baked Potato/sour cream Green Beans 12-Grain Bread/Butter Cinnamon Applesauce	Chicken Breast/Bun Vegetable Soup Mandarin Oranges Mayonnaise Rainbow Parfait
<b>October 24</b>	<b>October 25</b>	<b>October 26</b>	<b>October 27</b>
Turkey/Noodles Fresh Squash Wheat Bread/Butter Fruit Crisp	Sweet & Sour Pork Seasoned Rice Steamed Cabbage Garlic Toast Chilled Peaches	Swedish Meatballs Whipped Potatoes California Blend Veg. Wheat Roll/Butter Tropical Fruit Mix	Chicken Enchilada Cass. Mexican Corn 12-Grain Bread/Butter Banana
<b>October 31</b>			
Baked Ham Au gratin Potatoes Seasoned Cabbage Wheat Roll/Butter Strawberry Shortcake			

## Suggested Donations

**Congregate Meals (In Center) & Meals onWheels (homebound)-\$3.75**

**Meals Subject to Change with out notice**

**Mauston Mealsite-** Adult Center, Courthouse Annex, 220 E. La Crosse Str.

**Necedah Mealsite-** Necedah Village Hall, 100 Center Street

**Camp Douglas Mealsite-** Camp Douglas Village Hall, 304 Center Street

**New Lisbon Mealsite-** New Lisbon Fire dept. 234 Pleasant Street

**Lyndon Station Mealsite-** Beagles Bar & Grill, 107 W. Flint Street

# ELROY MENU

Grace Lutheran Church  
206 Erickson Street, Elroy WI  
462-5175

<b>Monday</b>	<b>Tuesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>October 3</b>	<b>October 4</b>	<b>October 6</b>	<b>October 7</b>
Meat Loaf Tator Tots Green Bean Casserole Dinner Roll/Butter Mixed Fruit	Baked Chicken Mashed Potatoes/Gravy Broccoli Cranberries Dinner Roll/Butter Frosted Cake	Furlough Day All Mealsites closed	BBQ/Bun Baked Beans Cole Slaw Pickles Baked Custard
<b>October 10</b>	<b>October 11</b>	<b>October 13</b>	<b>October 14</b>
Columbus Day Holiday ADRC Office & all Mealsites Closed	Ham Boiled Dinner with Vegetables Cottage Cheese Peaches Frosted Cinnamon Roll	Spaghetti/Meatsauce Tossed Salad French Dressing Tropical Fruit Salad Garlic Bread	Pork Roast Potatoes/Gravy Sauerkraut Apple Sauce Dinner Roll/Butter Cookie
<b>October 17</b>	<b>October 18</b>	<b>October 20</b>	<b>October 21</b>
Liver & Onions Scalloped Potatoes Peas & Carrots Pickles Dinner Roll/ Butter Cake	Closed for training	Baked Ham Sweet Potatoes Spinach Pineapple Tidbits Dinner Roll/Butter Brownie	Chicken/Biscuit Carrots Cranberries Pie
<b>October 24</b>	<b>October 25</b>	<b>October 27</b>	<b>October 28</b>
Chili Soup/Beans Crackers Cheese Slices Fruit Salad Dinner Roll/Butter Cake	Sirloin Tips/Mushrooms Over Noodles Stewed Tomatoes Dinner Roll/Butter Fruit	Salisbury Steak with Onions & Gravy Oven Brownd Potato Corn Dinner Roll/Butter Banana Split/Choc Topping	Chicken Breast Stuffing/Gravy Peas & Carrots Apple Rings Dinner Roll/Butter Fruit
<b>October 31</b>	<b>November 1</b>	<b>November 3</b>	<b>November 4</b>
BBQ Ribs Potatoes/Gravy Squash Mandarin Orange Jello Dinner Roll/ Butter Cookie			

Suggested Donations

**Congregate Meals (In Center) & Meals on Wheels (homebound)-\$3.75**  
**MENU SUBJECT TO CHANGE**

# Spotlight on Social Security

## Some Tricks can be horrifying

**Distributed by Ken Hess, Social Security Public Affairs Specialist for Wisconsin**

You'll probably be passing out treats to costumed hobgoblins and ghosts in your neighborhood this Halloween night. But be cautious that you're not tricked by a different kind of trickster looking for a handout of your personal information.

You should always safeguard your personal information such as date of birth, mother's maiden name and your Social Security number. Why? Because it's that type of information identity thieves are after.

You may think you're safe simply by not carrying your Social Security card with you and not providing your personal information over the internet or by e-mail. But scam artists have become tricky. Never reply to an e-mail claiming to be from Social Security and asking for your Social Security number or personal information.

Identity theft is one of the fastest growing crimes in America. If you think you've been the victim of an identity thief, you should contact the Federal Trade Commission at [www.ftc.gov/bcp/edu/microsites/idtheft](http://www.ftc.gov/bcp/edu/microsites/idtheft). Or you can call 1-877-IDTHEFT (1-877-438-4338) TTY 1-866-653-4261.

Another trick: some people who receive Social Security and Supplemental Security Income (SSI) benefits are victimized by misleading advertisers. Often, these companies offer Social Security services for a fee, even though the same services are available directly from Social Security free of charge. These services include getting a:

- Corrected Social Security card showing a bride's married name
- Social Security card to replace a lost card and
- Social Security number for a newborn child.

If you receive or see what you believe is a misleading advertising for Social Security services, send the complete mailing, including the envelope to: Office of the Inspector General, Fraud Hotline, Social Security Administration, P.O. Box 17768, Baltimore, MD 21235. If you see misleading advertising online, you can report this information online at [www.socialsecurity.gov/olg/guidelin.htm](http://www.socialsecurity.gov/olg/guidelin.htm). Also advise your State's attorney general or consumer affairs office and the Better Business Bureau.

Learn more about identity theft at: [www.socialsecurity.gov/pubs/10064.html](http://www.socialsecurity.gov/pubs/10064.html). Read about misleading advertising at: [www.socialsecurity.gov/pubs/10005.html](http://www.socialsecurity.gov/pubs/10005.html).

Enjoy the treats of the season, but be cautious of tricksters trying to steal more than a sack of candy. The results of becoming the victim of identity theft can be horrifying. Please protect your identifying information.

**Ken Hess is the Public Affairs Specialist for Northern Wisconsin. You can contact Ken at 2213 8<sup>th</sup> Street South, Wisconsin Rapids, Wisconsin 54494 or via email at [Kenneth.hess@ssa.gov](mailto:Kenneth.hess@ssa.gov)**

## **Medicare Part D Annual Enrollment Period is changing Will be October 15<sup>th</sup> - December 7<sup>th</sup>**

Every year in the fall, Medicare beneficiaries have the opportunity to enroll in, de-enroll from or make changes to Part D prescription drug plans. This is referred to as the “annual enrollment period.” As a result, companies are required to send out letters called “annual notice of change” to each member enrolled in their plan. Medicare and the Social Security Administration also send out various letters which include important information how your eligibility for various benefits may be changing. And finally, but probably most annoying, are the marketing materials sent by other companies trying to convince you to give their plan a try. How is anyone supposed to know what to keep and what to toss?

One helpful tip to remember is that CMS, the Medicare agency, color codes most of their important notices during this time of year. Their letters may come on tan, grey, orange, blue, purple, yellow or green paper. If you receive a letter like this, you should probably hang on to it. If you do not understand what the letter is telling you, then you should probably ask for help.

The letters from the Social Security Administration do not come on colored paper, but their name and return address on the envelope should be indication enough that the mailing may be important and again, not something to be tossed out.

It is also advisable that you keep any letters that come from the Part D plan that you are currently enrolled in. They may include information about how your plan is changing for next year or they could inform you that your plan won't even be available in 2012 and that you will have to find a new one.

Marketing material from companies you do not do business with is far less important and can probably be tossed out. But, what if you aren't sure?

Your Elderly Benefit Specialist can help if you are 60 or older. They can look through all your envelopes and explain what is important and what is junk mail. They can help you decide if your Part D plan will be right for you in 2012 or if you need to make a change. This is an extremely busy time of year and completing computer work before calling for an appointment saves lots of time. Many of you are able to make your own changes based on the information we send you about the available 2012 plans.

There are BIG changes coming this year for Medicare Part D plans and for Medicare Advantage plans. Don't wait until the last minute to figure it out. If you aren't sure what to do and don't have a family member or a knowledgeable friend to help, call you local Aging and Disability Resource Center at 1-877-794-2372 and someone will be able to assist you. Other helpful resources include Medicare at 1-800-633-4227; the Wisconsin Prescription Drug Helpline at 1-866-456-8211 which is designed for those under age 60 and on disability. If you enrolled in Family Care, your case manager can also help. Give them a call.

# **100 Disability Conditions Fast-Tracked**

**By Karyl Richson, Social Security Public Affairs Specialist in Milwaukee, Wisconsin**

Here's some important news if you're applying for Social Security disability benefits for yourself or a loved one. There are 100 conditions which qualify for an expedited process known as Compassionate Allowances.

Compassionate Allowances, which began in December 2007, are a way to quickly identify diseases and other medical conditions that, by definition, meet Social Security's standards for disability benefits.

"We have an obligation to award benefits quickly to people whose medical conditions are so serious they clearly meet our disability standards," said Michael J. Astrue, Commissioner of Social Security. "We are now able to do precisely that for 100 severe conditions."

The Compassionate Allowances conditions are developed from information received at public outreach hearings, and from Social Security and Disability Determination Service communities, medical and scientific experts, and National Institute of Health. We also consider what conditions are most likely to meet our definition of disability.

"By definition, these illnesses are so severe that we don't need to fully develop the applicant's work history to make a decision," said Commissioner Astrue. "As a result, Social Security has eliminated this part of the application process for people who have a condition on the list, and we can award benefits more quickly."

## **Official Greetings**

The White House Greetings Office fulfills requests for Presidential Greeting Cards to acknowledge special occasions. For constituents of the 3<sup>rd</sup> District of Wisconsin, the office can request greetings for the following events:

- Wedding Anniversaries (For 50<sup>th</sup> Anniversaries and over)
- Birthdays (for 80<sup>th</sup> birthdays and older)
- Eagle Scout Award and Girl Scout Gold Award
- Graduation ( for an individual or a class)

In addition, a Presidential photograph can be requested to accompany the greeting card. To request a greeting, simply call my Washington office at 202-225-5506 approximately 4-6 weeks before the event. If possible, cards will be mailed from the White House about 10 days in advance of the celebration. When contacting my office, it is important to have the following information so we can more easily process your requests:

- Name of honoree
- Honoree's mailing address
- Date of birth, date of anniversary, (please include the year of the original event)
- Date of party or presentation (if different from the actual date)

## October 2011 Schedule

**Tuesday, Oct. 4-** 4<sup>th</sup> Annual Women's Night Out at Mauston High School, 4:30 p.m. Come and See us at our Display. (for more information see Mile Bluff Medical Center Dates below)

**Thursday, Oct. 5-** April Martell, U-W Extension Nutrition Coordinator will give a program on Healthy Eating in Adult Center at 11:30 a.m.

**Friday, Oct. 7-** Furlough Day, ADRC Office closed.

**Saturday, Oct. 8-** Walk To End Alzheimer's at Adam's County Community Center, 539 N. Cedar Street, Adams, WI. 9:00 a.m. Registration and 10:00 a.m.- Walk. Come and Help us Raise Funds to End Alzheimer's.

**Monday, Oct. 10-** Columbus Day, Holiday. ADRC Office and All Meal Sites closed.

**Monday, Oct. 17-** Committee on Aging & Disability Meeting, 9:30 a.m in Room 1 of Juneau County Court House.

Alzheimer Support Group/Caregiver Coalition Meeting at 1:30 in ADRC.

**Tuesday, Oct. 18-** All mealsites closed- Site Manager Regional Training in La Crosse.

**Wednesday, Oct. 19-** April Martell will give program on Healthy Eating at Beagles Bar & Grill, Lyndon Station at 11 a.m.

**Monday, Oct. 24-** April Martell will give program on Healthy Eating at Grace Lutheran Church, Elroy at 11:30 a.m.

**Tuesday, Oct. 25-** April Martell will give program on Healthy Eating at Necedah Village Hall at 11:30 a.m.

**Thursday, Oct. 27-** April Martell will give program on Healthy Eating in Camp Douglas at 11:05 a.m. and at New Lisbon Mealsite at noon.

Sharing Supper at Mauston High School from 5 to 6:30 p.m. Come and Enjoy a FREE dinner and some company! Lots of different booths to visit and Fun things for the children.

**Friday, Oct. 28-** April Martell will give program on Healthy Eating at Bernie's Wagon Wheel II, Wonewoc at 11:30 a.m.

## Fuel Assistance Dates

### OCTOBER

Tuesday, Oct. 4—**Mauston Adult Center, 10 a.m.-1 p.m.**

Tuesday, Oct. 11—**Wagon Wheel II, Wonewoc 10:30 a.m.-1 p.m.**

Thursday, Oct. 13—**Grace Lutheran Church, Elroy 10 a.m.-1 p.m.**

Wednesday, Oct. 19—**Necedah Village Hall, 10 a.m.-1 p.m.**

Wednesday, Oct. 26—**Beagle's Bar & Grill, Lyndon Station, 10 a.m.-2 p.m.**

**Please Bring the Following documents with you—**

1. Proof of previous 3 months gross household income
2. Social Security cards for everyone in household.
3. Fuel and electric costs from Sept. 1, 2010 to Aug. 31, 2011

**For more information contact the Central Wisconsin  
Community Action Council at 847-5988.**

## **Mile Bluff Medical Center Dates**

**Grief Support Group-** *For more information, call Jeff Fairchild at 608-847-1285. They meet Thursday, Oct. 6 & 20 at 7 p.m. in Mile Bluff Medical Center, Mauston.*

**AA Group-** *For more information call 608-847-6878 or call the AA Hotline at 608-222-8989. Meetings take place at Mile Bluff Medical Center, Mauston and are closed with no smoking. Sundays at 6 p.m. and Mondays at 7:30 p.m.*

**AL-ANON Group-** *For more information call 608-562-5611. Mondays 7:00 p.m. in Mile Bluff Medical Center, Mauston.*

**Gambling Anonymous Group-** *If you are interested in group meetings or GA resources, call Arlene at 608-847-6893 for information.*

**Narcotics Anonymous Group-** *If interested in group meetings or NA resources, call Dennis at 608-562-6223 or 608-547-2533.*

**Parkinson's Support Group-** *If you are interested in group meetings, call Arlene at 608-847-6893 for more information.*

**Outpatient Counseling-** *For more information call 608-847-1838. Group and individual counseling services are available in Mauston, Elroy, Necedah and Lake Delton.*

**Health Fairs-** *Appointments are required for all tests. FREE heart disease and diabetes risk assessments. FREE blood sugar and blood pressure screenings. FREE hearing tests (8-11 a.m. only)—call to verify the tests will be available. Total Cholesterol tests (no fasting) for \$10 or lipid profile tests (12-hour fasting) for \$20. Refreshments and door prizes. **Thursday, Oct. 13 7-11 a.m.**, Wonewoc Legion Hall, call 608-847-1845- No hearing tests available at this location. **Thursday, Oct. 20 7-11 a.m.**, Mile Bluff Medical Center, Mauston, Call 847-1845.*

**Musical Mary Siefert Concert-** *For more information and to reserve your spot, call 608-847-2377. Join the tenants of Terrace Heights Retirement Community in welcoming Mary as she performs country/western music and good old fashioned church hymns. On **Wednesday, Oct. 26, 2 p.m.** Terrace Heights Retirement Community, Mauston.*

**4<sup>th</sup> Annual Women's Night Out-** *Live and Laugh your dreams. Call 608-847-1495 for sponsorship and donation opportunities, as well as event information. Women's Night Out will feature Kinza Christenson and her inspirational presentation, "Live and Laugh Your Dreams." The evening will also include health and wellness exhibits, interactive sessions, free gift bags, health screenings, door prizes, raffles, salad and dessert bar, and fun with hundred's of women. 'Like' Women's Night Out-Juneau County on Facebook and get up-to-date details daily. **Thursday, Oct. 6 from 4:30- 9 p.m.** in Mauston High School.*

## Seasonal Influenza Schedule

Influenza is a highly contagious respiratory illness. Symptoms include fever, chills, headache, aching muscles and joints, and a sore throat. The flu season usually runs from November through April with peak time being January or February.

Annual vaccination is recommended for all persons over 6 months of age.

### **2011 SEASONAL FLU/PNEUMONIA CLINIC SCHEDULE**

**Monday, Oct. 3-** 3:00-4:00 p.m.- Elroy Family Medical Center- Community Room

**Tuesday, Oct. 4-** 9:30- 10:30 a.m.- Necedah Village Hall

**Wednesday, Oct. 5-** 9-11 a.m.- Mauston Juneau County Health Department

**Wednesday, Oct. 5-** 12:30-1:00 p.m.-Camp Douglas Community Hall

**Monday, Oct. 10-** 12:30-1:30 p.m.-Lyndon Station Village Hall

**Wednesday, Oct. 12-** 8-9 a.m.- Wonewoc Village Hall

**Wednesday, Oct. 12-** 12:30-1:30 p.m.- New Lisbon City Hall

**If you are unable to attend these clinics, you may call 608-847-9373 for an appointment.**

**Cost- Flu Vaccine \$25.00**

**Pneumoccal Vaccine \$45.00**

**Bring your Medicare/Medicaid card with you. We will bill them for your flu vaccines. IF YOU ARE HOMEBOUND AND WANT THE SHOTS, PLEASE CONTACT POLLY BENISH, R.N. AT 847-9373.**

For more information regarding influenza, go to [www.edc.gov/flu](http://www.edc.gov/flu) or [www.co.juneau.wi.gov](http://www.co.juneau.wi.gov) under *Health Department*.

## ???What's New For 2012???

### **Mark Your Calendars!**

Medicare offers prescription drug coverage to everyone with Medicare.

Starting in Calendar year 2011, there will be a change in the dates of the Open Enrollment Period for Medicare Part D Prescription Drug Plans and Medicare Advantage Plans. The new dates to join, switch or drop a Medicare Prescription Drug Plan/Medicare Advantage Plan will be—

**October 15- December 7, 2011**

The effective date for changes will be **January 1, 2012**. You will not be able to make changes in coverage after December 7, 2011 unless you are eligible for a Special Enrollment Period.

By September 1, 2011 all plans must mail their current members the Annual Notice of Change for 2012. These notices tell members about any changes (i.e. drugs not covered/drugs covered, premium changes, etc.) for the 2012 plan year.

By October 2, 2011 plans that are not renewing their contract for 2012 must send members a letter notifying them that their current coverage will end on December 31, 2011.

By October 6, Medicare's Prescription Drug Plan data will be available at the Medicare Plan Finder Website, [www.medicare.gov](http://www.medicare.gov)

Would you like Norma/Cathy to do a Medicare Prescription Drug Plan comparison search?? If so pick up a MEDICARE PLAN FINDER WORKSHEET at the Aging and Disability Resource Center in Mauston or a Senior Meal Site or call 608-847-9371 and a copy will be sent to your home. Return the completed worksheet and the results will be sent back to you. If further assistance is needed, call for an appointment with Norma or Cathy.

During the month of October, Norma Phillips and Cathy Spatola, from the Aging and Disability Resource Center, will be available to Medicare beneficiaries at information sessions throughout Juneau County.

### **Scheduled Information Sessions**

**Oct. 6, 2011- Hess Memorial Hospital- 2<sup>nd</sup> Floor, 10 a.m. (no registration)**

**Oct. 6, 2011- Women's Night Out- Mauston High School (Questions??)**

**Wednesday, Oct. 12- New Lisbon Fire Dept Senior Meal Site 11:30 (562-6592 for lunch reservations the day before)**

**Thursday, Oct. 13- Necedah Village Hall Senior Meal Site- 11 a.m. (547-3125 for lunch reservation the day before)**

**Friday, Oct 14- Bernie's Wagon Wheel II, Senior Meal Site, Wonewoc-11:30 (464-7217 for lunch reservations the day before)**

**Wednesday, Oct. 19- Beagles Bar & Grill, Lyndon Station Meal Site, 11 a.m. (666-2423 for Lunch Reservations the day before)**

**Thursday, Oct. 20- Grace Lutheran Church, Elroy Senior Meal Site, 11:30 a.m. (462-5175 for lunch reservations the day before)**

**Monday, Oct. 24- Camp Douglas Village Hall, Senior Meal Site, 11 a.m. (427-3287 for Lunch reservations the day before.**

**Wednesday, Oct. 26- Mauston Aging & Disability Resource Center, 11 a.m. (847-9371 for lunch reservations the day before.)**

If you have questions of would like to have Norma or Cathy attend your club/church or group organization meeting, please call the Aging and Disability Resource Center at 608-847-9367 or 847-9371.

## **AARP DRIVER SAFETY PROGRAM**

**Wednesday, November 9, 2011 from 1-5 p.m. at Hatch Public Library**

**111 West State Street**

**Mauston, WI 53948**

**Sponsored by the Aging & Disability Resource Center of Southwest WI-Mauston**

**Call 847-9371 to Register**

**\$12- AARP Members**

**\$14- Non AARP Members**

**Course is free to Veterans during the month of November!**

**Bring Proof of Service with you.**

## **NEWS FROM THE MEALSITES**

### **Camp Douglas Mealsite—**

Sharon Barnharst did a party on the “County Fair.” We had to recall our experiences on entering projects at the fair, on 4-H doings, and even entering in open class (when we graduated from 4-H). We got points for the things we did even going on the roller coaster. At Camp Douglas, we always play Bingo on Thursdays and have quite a rivalry going on “who is the luckiest winner.”

Our Christmas tree is still up and we have decorations on it according to the season—now it’s covered with American flags.

No matter what we do, we have FUN and isn’t that a great thing to do?

**By Madeline Schroeder, Camp Douglas Reporter**

### **New Lisbon Mealsite-**

Exercise class has restarted in New Lisbon on Mondays and Wednesdays from 11:00 to 11:30. All are welcome to come and get energized and revitalized.

In September 23 celebrated Bonnie Greenwood and Gidget Howard’s birthdays. They are both on September 27. Cake was enjoyed by everyone at the site on that day.

On October 24, Alice McDonald will celebrate her birthday. Fred and Alice have not been around since July when Alice had open heart surgery. She’s in Re-hab. Get Well, Alice. Hope you feel better soon.!

Meanwhile, since mid-July, Joan Bailey, has been “MIA.” Her husband, Ray, has had some serious health issues and Joan is nursing him back to health. Our “get well” wishes also go out to Ray.

A sad day has come. Our meal delivery guy, Preston, has accepted a full time position at Fed-Ex. Congrats to him! Not only on his job but on November 11 he will be saying “I do” to Robin! We are thankful that Roger Damaske has stepped up to the plate to “fill Preston’s shoes.” He’s had a lot to contend with due to road construction in New Lisbon. Always an adventure trying to figure out which streets are open and which are not. It changes daily, almost. Hang in there Roger. It’s supposed to be over soon!

Penny Wehman, Site Manager

### **Mauston Mealsite-**

Our numbers have been increasing, wonderful to see more friendly faces. Come and check out our card players, more are always welcome. New fall and winter menus will be starting soon. So please come and see what’s new.

Our site has changed our tables around to make visiting easier. Come and have a cup of coffee and visit for a while. See ya soon.

Karie Puhl, Site Manager

**Today is the oldest you've ever been, yet the youngest you'll ever be,  
So enjoy this day while it lasts.**

**OBSERVATIONS ON GROWING OLD.....**

- Your kids are becoming you.. and you don't like them... but your grandchildren are Perfect!
- You forget names... but it's OK because other people forgot they even knew you!!!
- You realize you're never going to be really good at anything...Especially golf.
- The things you used to care to do, you no longer care to do, but really do care that you don't care to do them anymore.
- You sleep better in a lounge chair with the TV blaring than in a bed. It's called "pre-sleep."
- You miss the days when everything worked with just an "On" and "Off" switch.
- You tend to use more 4 letter words..."What? ..When?...???"
- Now that you can afford expensive jewelry, it's not safe to wear it anywhere.
- You notice everything they sell in stores is "sleeveless"?!!!
- What used to be freckles are now liver spots.
- Everybody whispers.
- You have 3 sizes of clothes in your closet... 2 of which you will never wear.
- But old is good in some things: Old songs, Old movies and best of all, OLD FRIENDS!!!

It's not what you gather, but what you scatter that tells what kind of life you have lived!  
**Another message from JoMo.**

**OCTOBER BIRTHDAYS**

**Oct. 2-** Bev Ristow & Claire Ness   **Oct. 4-** Walter Vanderwerf   **Oct. 12-** Rose Eden  
**Oct. 13-** Elinore Legler & Jackie Muller   **Oct. 14-** Louise Hess   **Oct. 15-** Nickie Pruess  
**Oct. 16-** Katie Mellem   **Oct. 19-** Deb Priest   **Oct. 23-** Quretta Belsky  
**Oct. 24-** Pattie Schwab & Alice McDonald   **Oct. 27-** Lena (Sally) Kloser  
**Oct. 27-** Susan Jensen   Happy Anniversary to Arnold & Veryl Franke on **Oct. 6**

**AARP Driver Safety Program**

**Thursday, November 9, 2011**

**1-5 p.m.**

**Hatch Public Library**

**111 West State Street**

**Mauston, WI 53948**

**Sponsored by the Aging & Disability Resource Center**

**Of Southwest Wisconsin.**

**Call 608-847-9371 to register**

**\$12 AARP Members**

**\$14 Non Members**

**Course is free to Veterans during month of November!!**

**Bring proof of service with you.**

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## **80% of All Fire Deaths occur in the home**

### **Did You Know**

82% of all fire deaths occur in the home. People over the age of 65 are one of the groups at highest risk of dying in a fire. People age 65-75 are twice as likely as the general population, 75-85 are 3 times likely, and 35+ are 4 ½ times as likely to be killed in a house fire.

### **Fire Life Saving Tips-**

- Install a smoke alarm on every level of your home.
- Test smoke alarm batteries every month & change them at least once a year.
- Consider installing a 10-year lithium battery-powered smoke alarm, which is sealed so it cannot be tampered with or opened.
- Develop and practice a home fire escape plan.

### **Go Room to Room: Kitchen**

The kitchen is a high danger zone for fire, so be extra cautious when cooking.

- Remember not to leave food unattended and don't wear loose clothing when cooking.
- Never use the range or the oven to heat the home.
- Double check the kitchen to be sure the oven and all small appliances are turned off before going to bed or leaving the house.
- Don't overload electric outlets.
- Always keep dish towels away from appliances and electrical outlets.

Each year, fire claims the lives of 4,000 people and injures approximately 20,000. Bedrooms are a common area of fire origin. Nearly 600 lives are lost to fires that start in the bedrooms. Many of these fires are caused by misuse or poor maintenance of electrical devices, such as overloading extension cords or using portable space heaters too close to combustibles. Many other bedroom fires are caused by children who play with matches and lighters, careless smoking among adults and arson.

The United States Fire Administration (USFA) and the Sleep Products Safety Council (SPSC) would like you to know that there are simple steps you can take to prevent the loss of life and property resulting from bedroom fires.

## **Appliances Need Special Attention**

Bedrooms are the most common room in the home where electrical fires start. Electrical fires are a special concern during winter months which call for more indoor activities and increases in lighting, heating and appliance use.

Do not trap electrical cords against walls where heat can build up. Take extra care when using portable heaters. Keep bedding, clothes and curtains and other combustible items at least 3 feet away from space heaters.

Only use lab approved electric blankets and warmers. Check to make sure the cords are not frayed.

## **Tuck Yourself in for a Safe Sleep-**

Never smoke in bed.

Replace mattresses made before 1973 Federal Mattress Flammability Standard,

Mattresses made since then are required by to be safer.

Finally having working smoke alarm dramatically increases your chances of surviving a fire. Place at least 1 smoke alarm on each level of your home and in halls outside bedrooms. And remember to practice a home escape plan frequently with your family or a neighbor.

## **Older Adults are at Risk....**

Decreased mobility, health, sight and hearing may limit a person's ability to take quick action necessary to escape during a fire emergency.

Depending on physical limitations, many of the actions of an individual can take to protect themselves from the dangers of fire may require help from a caregiver, neighbor, or outside source. If you use a walker or wheelchair, check all exits to be sure they can go through the doorways. Make any necessary accommodations, such as providing ramps and widening doorways facilitate an emergency escape.

Unless instructed by the fire department, never use an elevator during a fire.

## **The Secretary's Job**

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APPOINTMENTS  
CALENDAR  
PADS  
RULER  
STAPLES

BLOTTER  
CHARTS  
PAPER  
REMINDERS  
STATEMENTS

BOOKS  
ENVELOPES  
PENCILS  
RUBBER BANDS  
TAPE

CALCULATOR  
INTERCOM  
PETTY CASH  
SHARPENER  
TELEPHONE